

# Your AI-Generated Schedule

Time	Task	Duration	Notes
9:30 AM	Breakfast & Commute	30 min	Grab a quick bite and head to the gym.
10:00 AM	Full-Body Gym Workout	1h 30 min	Strength focus, compound lifts (as detailed above).
11:30 AM	Shower & Lunch	30 min	Refuel after the workout.
12:00 PM	Errands/Free Time	1h	Grocery shopping, relaxation, or personal tasks.
1:00 PM	Meal Prep	1h	Prepare food for the next day.
2:00 PM	Study Session (MATH 1003)	1h	Review lecture material and work on problem sets.
3:00 PM	Relax/Personal Time	30 min	Catch up with friends, hobbies, etc.
3:30 PM	Dinner	30 min	Prepare and enjoy dinner.
4:00 PM	Free time/Study Session (ENGL 1145)	1h	Optional: Study for English class.
5:00 PM	Solo Soccer Plyometrics/ Linear Speed (Tuesday) or Soccer-Specific Strength-Endurance/ Acceleration (Wednesday) or Bodyweight Explosive Session for Soccer (Friday)	60-70 min	Follow the provided training plans for the day.
6:30 PM	Dinner Clean-up	15 min	Tidy up the kitchen.
6:45 PM	Free Time/Evening Activities	Flexible	Time for social events, relaxation, or personal commitments.



Prepare for Bed



30 min



Get ready for the next day.

9:30 PM

Bedtime